

**Basic Report 15149, Crustaceans, shrimp, mixed species, raw**

Report Date:January 11, 2015 00:23 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 medium 6g	1 small 5g	3.0 oz 85g	4.0 large 28g
<b>Proximates</b>						
Water	g	83.01	4.98	4.15	70.56	23.24
Energy	kcal	71	4	4	60	20
Protein	g	13.61	0.82	0.68	11.57	3.81
Total lipid (fat)	g	1.01	0.06	0.05	0.86	0.28
Carbohydrate, by difference	g	0.91	0.05	0.05	0.77	0.25
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00	0.00	0.00
<b>Minerals</b>						
Calcium, Ca	mg	54	3	3	46	15
Iron, Fe	mg	0.21	0.01	0.01	0.18	0.06
Magnesium, Mg	mg	22	1	1	19	6
Phosphorus, P	mg	244	15	12	207	68
Potassium, K	mg	113	7	6	96	32
Sodium, Na <sup>a</sup>	mg	566	34	28	481	158
Zinc, Zn	mg	0.97	0.06	0.05	0.82	0.27
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.020	0.001	0.001	0.017	0.006
Riboflavin	mg	0.015	0.001	0.001	0.013	0.004
Niacin	mg	1.778	0.107	0.089	1.511	0.498
Vitamin B-6	mg	0.161	0.010	0.008	0.137	0.045
Folate, DFE	μg	19	1	1	16	5
Vitamin B-12	μg	1.11	0.07	0.06	0.94	0.31
Vitamin A, RAE	μg	54	3	3	46	15
Vitamin A, IU	IU	180	11	9	153	50
Vitamin E (alpha-tocopherol)	mg	1.32	0.08	0.07	1.12	0.37

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Vitamin D (D2 + D3)	µg	0.1	0.0	0.0	0.1	0.0
Vitamin D	IU	2	0	0	2	1
Vitamin K (phylloquinone)	µg	0.3	0.0	0.0	0.3	0.1
<b>Lipids</b>						
Fatty acids, total saturated	g	0.261	0.016	0.013	0.222	0.073
Fatty acids, total monounsaturated	g	0.181	0.011	0.009	0.154	0.051
Fatty acids, total polyunsaturated	g	0.295	0.018	0.015	0.251	0.083
Cholesterol	mg	126	8	6	107	35
<b>Other</b>						
Caffeine	mg	0	0	0	0	0

**Footnotes**

<sup>a</sup> Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 148 mg sodium/100g.